



2015  
January

EMPLOYER NEWSLETTER

## Happy New Year

### New Digital Coaching

*Motivating Mississippi - Keys to Living Healthy* now offers digital coaching through ActiveHealth Management. This online tool helps participants live a healthier life and manage health conditions through quizzes, videos, and games at their convenience, 24/7. The tool covers over 20 categories and 150 topics ranging from nutrition, to diabetes management, to tobacco cessation. Participants will have a personalized dashboard to track their progress. To get started, log on to [www.MyActiveHealth.com/Mississippi](http://www.MyActiveHealth.com/Mississippi)



### Get on TRAC

As the Tobacco Resistance and Awareness Campaign (TRAC) gears up please remember to gather completed tobacco use attestation forms from your employees. **Employees should not return completed forms to Blue Cross & Blue Shield of MS.** You may begin entering attestation form data into EnrollBlue soon. Please enter the attestation form data as soon as possible in order for the Plan to send reminder notices to employees who have not submitted a completed attestation form.

The Plan has recently mailed all employees an attestation form along

with a notice explaining the surcharge and available tobacco cessation resources. Additional TRAC resources are available on our website at [KnowYourBenefits.dfa.ms.gov](http://KnowYourBenefits.dfa.ms.gov).

### Dependent Eligibility

In order to be added as a dependent under the Plan, the person must be the participant's child up to age twenty-six (26) or legal spouse. See the [Plan Document](#) for a detailed list of who qualifies as a dependent child. Please remember to maintain sufficient proof of each dependent's eligibility. The Plan does have the right to audit dependent eligibility at any time.

EnrollBlue makes it easy to ensure your employees' dependent social security numbers (SSN) are up to date. Please review your "invalid SSN report" in EnrollBlue to ensure all dependent SSNs are recorded correctly.

### Prescription Deductibles

Please remind employees that prescription drug deductibles, as well as medical deductibles, reset at the beginning of each calendar year. Select coverage has a \$75 annual prescription deductible. With base coverage, all covered medical and prescription expenses apply toward a single calendar year deductible.

### Contraceptive/Birth Control Changes

The Plan now provides 100% coverage of contraceptive / birth control

medications for generic products. The preferred (\$45) or non-preferred (\$70) co-payment will apply to branded medications for each thirty day supply. Also, if a generic is available and the brand name drug is purchased, the participant will pay the difference in the cost of the brand name drug and the generic drug, plus the generic co-payment amount.

#### FAST FACTS

24/7

Participants have access to digital coaching anytime, day or night.

[www.MyActiveHealth.com/Mississippi](http://www.MyActiveHealth.com/Mississippi)

16 million

Americans suffer from at least one disease caused by smoking.

Source: [www.CDC.gov](http://www.CDC.gov)

#### MORE INFORMATION

[KnowYourBenefits.dfa.ms.gov](http://KnowYourBenefits.dfa.ms.gov)

### Have Questions?

We've got answers.

Contact Claire Whittington at

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